

Sept. 11, 2006

## **Cabinet Reaches Thousands at Kentucky State Fair**

*By Anya Armes Weber*

The Cabinet's 2006 Kentucky State Fair exhibit was a success, thanks to approximately 300 staff who spent countless hours planning for and working at the display.

Staff helped thousands of fair visitors learn more about "Wellness -- A Life Connection" and how they could make better health choices every day.

Program staff representing nutrition services, physical activity, diabetes education, child and adult protection, tobacco education, public health protection and safety and cardiovascular health were at the exhibit each day and evening during the fair's 11-day run.

Guests visiting these areas learned from experts about topics such as how to increase daily activity, interpret food nutrition labels and get support for quitting smoking.

Featured topics included aging services, family preparedness, childhood lead poisoning prevention, food safety, child dental health, women's health and bone density assessment, prescription drug abuse prevention and substance abuse prevention.

Department for Medicaid Services staff and their "Healthy at Heart" collaborators KC Wellness provided glucose monitoring and cholesterol testing and thorough counseling for about 300 people on two separate days.

Staff from the Department for Community Based Services encouraged almost 9,000 people to sign their 8-foot long banner as a commitment to protecting children and seniors from abuse and neglect.

More than 8,000 guests had blood pressure analysis and counseling from DPH and Medicaid nurses. That's just one way DMS and Department for Health Services staff worked together to convey the Cabinet's message that making wellness a way of life has several benefits.

Check out more images from the fair [here](#).

## **CHFS Chef Mike Vaughn Wins Cast-Iron Chef Competition**

Mike Vaughn, a chef and manager of the Cabinet for Health and Family Services Cafeteria, won the Cast-Iron Chef Competition at the Kentucky State Fair.

Vaughn, who also won the event last year, cooked a top loin pork chop stuffed with Granny Smith apples and smoked bacon topped with a Boursin cheese crust. The winning entry also featured bourbon-caramelized shallots with hand-breaded parmesan fried green tomatoes.

"I knew that, whatever the ingredients were, I wanted to use great Kentucky Proud products," said Vaughn of his winning recipes. "All produce – the smoked bacon, cornmeal and, of course, the bourbon, were local ingredients."

Vaughn faced another excellent chef, Anthony Lusiak of Maker's Mark Bourbon House and Lounge in Louisville. The judges were three randomly chosen visitors to the fair on Aug. 26. Points were awarded for taste, presentation and creativity.

"The competition gets bigger every year," said Vaughn, who is the chef and manager at the parks' cafeteria at the Cabinet for Health and Family Services Building. "It's one of the more popular events of the fair."

Vaughn, who is from Bowling Green and now lives in Frankfort, has been cooking for 13 years,

Sept. 11, 2006

the last three for the Department of Parks. He said he has been fortunate to get to cook with other excellent chefs, including his grandmother and Eddie Hunt, the chef for the Department of Parks at the Capitol Annex.

Vaughn, Hunt and state park cook Neil Serafini also took part in a cooking demonstration at the fair to highlight the parks' use of locally grown products and the Kentucky Proud program, which promotes Kentucky-produced items. The dishes included Kentucky-grown herbs.

## **Cutline**

### **Poster**

Staff from the Jefferson County Protection and Permanency office hawk University of Louisville football posters at the team's first game of the season against the University of Kentucky earlier this month. The money will go toward the Wendy's Wonderful Kids adoption program.

## **Adoption Staff Raises Money, Awareness**

By Anya Armes Weber

Staff from the Jefferson County Recruitment, Training, Placement and Support Team in the Division of Protection and Permanency raised more than \$1,200 on Labor Day weekend to help raise awareness for the Cabinet's Special Needs Adoption Program (SNAP).

The group took to the tailgating area of the University of Louisville versus University of Kentucky football game at Papa John's Cardinal Stadium to ask for donations to the Dave Thomas Foundation for Adoption (DTFA) in exchange for a U of L poster.

The group raised almost \$1,300, which will go toward the Wendy's Wonderful Kids program. The Cabinet has received a grant from DTFA to hire a Wendy's Wonderful Kids adoption recruitment specialist to help find homes for the state's waiting children.

SNAP and DTFA staff members appreciate efforts from all staff who volunteered to help raise money and awareness for adoption.

## **KECC Golf Scramble Coming Up**

The Third Annual Cabinet for Health and Family Services KECC Golf Scramble will be Friday, Sept. 29, at Juniper Hills Golf Course in Frankfort. Lunch will be served at noon with shotgun start at 1 p.m. Entry fee is \$40 per person and includes lunch at noon. This year promises to be a successful one with more sponsors than ever. Put your team together and come out and support KECC. Please turn in your registration form no later than Friday, September 22.

## **Focus Health Tip of the Week**

### **With Kids on the Run, Keep Healthy Snacks Handy**

The new school year is well under way, and it seems kids are always on the go. With rising obesity rates, it's important to closely monitor your child's nutrition - even as they are dashing out the door.

Some kids and many teens skip breakfast, and a bag of chips is a common after-school snack. In the back-to-school rush, healthy snacks often give way to more convenient fast-food options, but they don't have to.

Here are some healthy alternatives that are great for an afternoon recharge en route to extracurricular activities:

- Low-fat milk shake made with low-fat or sugar-free ice cream
- Yogurt
- Skim milk and berries for a quick breakfast
- A handful of nuts

Sept. 11, 2006

- Low-fat cheese
- Apples
- Berries
- Raw veggies
- Low-carb or non-fat yogurt
- Lean lunch meats

## Tech Tips

### How to Install a Network Printer

1. Click on “Start,” then “Settings” and then “Printers and Faxes.”
2. Click “Add a printer.”
3. The Add Printer Wizard will appear. Click “Next.”
4. Select “A network printer, or a printer attached to another computer.” Click “Next.”
5. Click “Connect to this printer (or to browse for a printer, select this option and Click Next).”

In the “Name:” box, type “\\your local print server name\the name of the printer you are adding” and then click “Next.”

**NOTE:** Each building has a different print server. The example in the above picture is the print server for the CHR Building. Each printer has an assigned name posted on the printer, for example (P001, P002, etc). If you need help identifying your print server or printer name, please contact the CHFS Network Service Desk.

If you add more than one printer, you will get a prompt asking which printer you want as your default. The default printer is the one your machine will always use unless you specify otherwise.

6. Click “Finish.”

## Employee Enrichment

By Anya Armes Weber

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*



People who are leaders or who want to be leaders must cultivate their skills constantly. SCORE (Service Corps of Retired Executives) counselors to America’s small businesses offer these five tips for renewing yourself as a leader.

**Take a “time-out” every day.** Reflect on your day on your commute home or clear your mind on a quick walk break.

**Develop hobbies outside of your job.** This can help you relax and inspire you to implement new ideas into your job.

**Plan a vacation.** Time away from work will refresh you upon your return.

**Make time for family.** Particularly spend time with children. It’s great for their development and it can enlighten you by looking at things from their perspective.

**Follow your dreams.** Try something you’ve always wanted to: Start a Web log, repaint a room or learn to dance. Taking a creative risk can build your confidence professionally.